

# AMH

## Inside Out

### Your Employee Assistance Program: We're Here to Help YOU!

*Are you... having trouble talking to your manager... being pushed to your limit by your teen... finding the old work gang's not what it used to be... feeling disconnected from your family... having trouble teaming with the new players?*

#### Are you taking care of YOU?

Changes at work or home—even good ones—can make you feel uncertain, anxious, frustrated, and even angry. These changing times affect all of us, but how can you tell if it's time to ask for some help?

According to the American Psychological Association, it's time to seek counseling when:

- You feel like you can't do it alone, or you feel trapped, like there's nowhere to turn.
- You worry all the time and never seem to find the answers.
- The way you feel affects your sleep, eating habits, job, relationships, and everyday life.
- It isn't getting any better.

#### What can a counselor do?

Personal problems are a part of everyday life. Sometimes you're too close to your problem to be able to step aside and figure out how to fix it. We can help provide an outside view that can offer solutions, or we can refer you to a professional in the community. Problems your Employee Assistance Program (EAP) benefit can help you deal with include:

- |                                      |                           |
|--------------------------------------|---------------------------|
| • Emotional and personal conflicts   | • Career concerns         |
| • Depression and anxiety             | • Divorce or separation   |
| • Family and relationship concerns   | • Grief                   |
| • Substance abuse/relapse prevention | • Work performance issues |
| • Stress and change management       | • Parenting concerns      |
| • Financial stress                   | • Compulsive disorders    |



The EAP at AdvanceMed Hanford's Behavioral Health Services is available to Hanford Site employees who are in PopFon and have a badge. We also offer services to family members who reside with or are dependents of a Hanford employee. Because AMH focuses on occupational health, the EAP counseling we offer is short-term; we provide up to eight free sessions, typically 50-60 minutes long. When more than eight sessions are needed, we assist with referrals to therapists in the community.

#### Is it confidential?

Participation in the EAP is voluntary and confidential. Site policies state that participation in the EAP will not jeopardize job security as long as an acceptable level of job performance is maintained. Information may ONLY be shared with the employee's written approval; however, state law requires that the information may be released without permission if a client is a danger to him- or herself, or others, as evaluated by the therapist.

#### Who will you talk to?

Behavioral Health Services staff members are Larry Bailey, Ph.D. and Susan Vann, Ph.D., licensed clinical psychologists, and Kathleen King, ACSW, licensed clinical social worker. Celeste Meader, our program assistant, will help you schedule an appointment. We are located at 1979 Snyder Street in Richland. BHS hours are 7 a.m. to 4:30 p.m. Monday through Thursday and 7 a.m. to 3:30 p.m. on Hanford Site Fridays on. We are closed on Hanford site Fridays off.

If you'd like assistance, please call us at 376-4418. We're here to help you keep your mental health healthy!

### SITE-WIDE NUTRITION CHALLENGE

APRIL 6-30, 2009



Visit the  
[Health Challenge Tracker](#)  
on the AMH website.



### WATCH FOR UPCOMING EVENTS WITH AMH

#### April

[Site-Wide Nutrition Challenge](#) (6<sup>th</sup> - 30<sup>th</sup>)  
[Quarterly Weight Management Classes](#)

#### May

[Hanford Health and Safety Expo](#) (12<sup>th</sup> - 13<sup>th</sup>)

Select a link or visit our website:

[www.hanford.gov/amh](http://www.hanford.gov/amh)

# National Turn Off Your TV Week

Would it be rude of me to ask you to turn that off? That...the TV in front of your face. Just for a week. It is, after all, National Turn Off Your TV week. From April 20 to April 26, the Center for Screen-Time



Awareness reminds us, "Making screen-time-reduction [is] a vital and integral part of all plans that improve health, education and wellness while building stronger families and communities." Health

and wellness? Education? There is ample evidence that the obesity epidemic we are experiencing in this country is, in part, due to the hours of idle time---time when both adults and children are NOT using their minds or their bodies---spent in front of the television

watching programs or playing games. And education experts agree that most programming on television is *counterproductive* for learning.

The typical American watches 142 hours of television monthly; Internet use averages more than 27 hours, according to Nielsen surveyors. At least, as one commenter has put it (in defense of computers), "You watch television to turn your brain off and you work on your computer when you want to turn your brain on." That's fine, but neither one uses much energy (calories).

What to do during "Turn Off" week? How about getting to know your family a little better? The art of conversation has also suffered, in part due to television, and this would be a perfect time to hone those

skills again, find out what the kids are learning in school and what's on their minds. It would also be a good time to start getting that exercise you've been putting off. "It's your health. Own it!"



**Invite AMH to  
be a guest  
at your next work  
group meeting.**

**April Featured  
Presentation:**

**“PROTECTING  
YOUR BACK”**

by Jill Harvill  
Call (509) 376-2886

## 2009 EXERCISE CHALLENGE RESULTS

On March 6<sup>th</sup>, AMH wrapped up the 2<sup>nd</sup> annual Site-Wide Exercise Challenge. We are pleased to report that the Exercise Challenge was a huge success. There were a total of 580 participants representing 11 different contractors, including AMH, ATL, CHPRC, DOE, Office of River Protection, Fluor Federal Services, Fluor Hanford, PNNL, WCH, WRPS and TRS. Participants earned a total of 63,878 points during the eight-week challenge. Many participants joined teams for extra support and to encourage friendly competition. On-line points revealed that our Hanford personnel put in 338,025 minutes of cardiovascular activity (totaling 234 straight days of activity), completed 4097 bouts of strength training, drank over 633,216 oz. of water, and enjoyed 4947 lunch-time walks.

Congratulations to our drawing winners, Cheryl Stone, Don Sommer, Greg Fies, John Wolff, Mary Hughes, and Shari Crouner. Each of them will receive a Garmin Forerunner50 Heart Rate Monitor.

### TOP 5 TEAMS

TEAM	AVERAGE POINTS PER PLAYER	CONTRACTOR
Douwant urnal	889	PNNL
ENREP	233	CHPRC
WCH FR	212	WCH
SDM SGRP	211	CHPRC
WSCF	187	FH

## Healthy Recipes

### Egg Salad with a Kick

Servings—4

#### Ingredients

3 hardboiled eggs  
1/4 cup fat-free mayonnaise  
1/4 cup light sour cream  
1 1/2 teaspoons Chinese hot prepared mustard  
1 stalk celery, finely chopped  
5 pimento-stuffed green olives, chopped  
1 tablespoon sweet pickle relish  
1/4 teaspoon paprika  
1 pinch red pepper flakes  
salt and pepper to taste



#### Directions

Peel the hardboiled eggs. Place the eggs in the container of a food processor, and briefly pulse to chop. Transfer the eggs to a medium bowl, and stir in the mayonnaise, sour cream, Chinese mustard, celery, olives, and relish. Season with paprika, red pepper flakes, salt and pepper. Taste, and adjust seasoning to your liking.

*Hint: Toasting the bread will help deter the sog-factor!*

*“This is prime egg salad sandwich season; put all those leftover hard-boiled eggs from Easter to good use!”*

#### PER SERVING:

Calories	93
Total Fat	4.5 g
Saturated Fat	1.3 g
Cholesterol	159 mg
Sodium	408 mg
Carbohydrate	7.7 g
Dietary fiber	.4 g
Protein	6 g

For more: [Healthy Recipes](#)